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HAPPY MOTHER S DAY 2025

Mother's Day 2025 falls on Sunday, May 11, 2025. This day is celebrated globally on the second Sunday of May each year to honor mothers and maternal figures for their love, sacrifices, and contributions to families and society[1] [2] [3] [4].

The modern celebration of Mother's Day began in the early 20th century, inspired by Anna Jarvis in the United States, who held the first official Mother's Day in 1907 and successfully lobbied for it to become a national holiday in 1914, proclaimed by President Woodrow Wilson[1] [2]. The day is marked by giving gifts, cards, flowers, and spending quality time with mothers to express gratitude and affection[1] [2].

Mother's Day has roots going back to ancient times, including early Christian practices known as Mothering Sunday and even ancient Greek worship of mother deities like Rhea and Cybele[1].

In 2025, people around the world will celebrate this special occasion by honoring the selfless devotion and unwavering dedication of mothers through various gestures of love and appreciation[1] [5] [2].

Happy Mother's Day 2025!

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ATHLETIC MOTHERS

Athletic mothers are professional female athletes who balance motherhood with high-level sports careers, often overcoming significant physical and mental challenges to return to competition after childbirth. Many have become inspiring role models by demonstrating that motherhood and elite athletic performance can coexist.

Notable Athletic Mothers and Their Stories:

- **Napheesa Collier** (WNBA): Returned to professional basketball just 74 days after giving birth, describing the postpartum recovery as the hardest physical challenge of her life. Motherhood brought her a new perspective and maturity beyond basketball[6].
- **Julie Ertz** (Soccer): Stepped away briefly to give birth, then returned to compete in the 2023 FIFA World Cup. She emphasized how motherhood changed her priorities, valuing family time as irreplaceable despite still being capable of playing at a high level[6].
- **Crystal Dunn** (Soccer): Maintained training throughout pregnancy and scored a championship-winning goal five months postpartum. She advocates for speaking openly about athlete motherhood to inspire future generations[6].

- **Serena Williams** (Tennis): Returned to Grand Slam finals after childbirth despite serious complications. She has spoken about how motherhood reduced her anxiety around competition and shifted her outlook on tennis and life[6] [7] [8].
- **Candace Parker** (Basketball): Prioritizes motherhood above her decorated career, openly sharing her love for her children and recently retiring to focus on family[6].
- **Shelly-Ann Fraser-Pryce** (Track & Field): After taking time off for childbirth, she won multiple world titles post-motherhood and speaks about the balancing act of being a mom and athlete, encouraging women that they can "do anything"[7] [9].
- **Kim Clijsters** (Tennis): Made a remarkable comeback after becoming a mother, winning major titles and redefining expectations for athlete mothers[7].
- **Dana Torres** (Swimming): Competed in five Olympic Games, including after becoming a mother, winning multiple medals and breaking age barriers in the sport[7].
- **Quanera Hayes** (Track): Celebrated motherhood and athletic success simultaneously, showing that having a child can heighten motivation and determination[10].

These athletes highlight the evolving landscape where motherhood is increasingly recognized and supported within professional sports. They challenge outdated notions that athletes must choose between family and career, instead showing that with support and resilience, women can excel in both roles[6] [7] [10] [9] [8].

Their stories also underscore the importance of systemic support, such as maternity policies and childcare facilities (e.g., Olympic Village nursery initiatives), to help athlete mothers thrive[9].

In summary, athletic mothers in 2025 are powerful examples of strength, perseverance, and changing cultural norms in sports, inspiring both current and future generations of women to pursue their dreams without sacrificing family[6] [7] [10] [9].

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1. https://indianexpress.com/article/lifestyle/life-style/mothers-day-2025-know-the-date-history-and-significance-9990260/
2. https://timesofindia.indiatimes.com/life-style/events/happy-mothers-day-2025-top-50-wishes-messages-images-and-quotes-to-share-with-your-mother/articleshow/121000379.cms
3. https://www.timeanddate.com/holidays/us/mothers-day
4. https://print-a-calendar.com/holiday/mothers-day/2025
5. https://timesofindia.indiatimes.com/life-style/relationships/family/happy-mothers-day-40-wishes-messages-greetings-quotes-gifs-wallpaper-whatsapp-status-facebook-status-images-for-2025/articleshow/121055293.cms
6. https://www.deseret.com/sports/2024/05/10/professional-athletes-who-are-moms/
7. https://www.tbsnews.net/sports/successful-female-athletes-who-are-also-mothers-266083
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9. https://www.olympics.com/en/news/supermums-conquer-paris-agbegnenou-osaka-fraser-pryce

10. https://www.womenshealthmag.com/life/g61649284/team-usa-moms-olympics-2024/